

How to Be a Hero in 3 Easy Steps.

 **Have a talk**
Talking things through
can help create a sense of control
and reduce stress.

 **Make a plan**
Gather important
information into one place and
share it with your family.

 **Make a kit**
Collect essential
items to help you shelter-in-place
in an emergency.

Be ready for a disaster *before* it happens. Learn
more at **montgomerycountymd.gov**